



Whitening Instructions

Please do not hesitate to call our office with any questions and/or concerns.

(701) 280-1941

- Brush and floss your teeth before each application of whitening gel with trays.
- Remove the storage cap from a syringe and replace it with an applicator tip. Each syringe has 6 calibration lines. Each line represents one tray application. Apply a small amount of gel in the face-side of each tooth space on the tray. Replace with storage cap. This protects the whitening gel from exposure and maintains shelf-life.
- Place your custom tray over your moistened teeth. Do not squeeze the tray. Allow any excess gel to escape naturally and remove from your gums using a toothbrush or tissue.
- Most whitening occurs during the first hour of each application. Wear your tray once or twice each day for 1-2 hours per application or as recommended by Dr. Lichtsinn.
- Brush the trays clean with a toothbrush and water when done with application. Rinse with cold water and store the custom trays dry in the case provided.

DO:

- Continue using the whitening gel each day until all of your treatments have been completed or the desired results are achieved.
- Wait at least one hour between treatments.
- Replace the applicator tip with the clear storage cap after each use.
- Store syringes in a cool, dry place. Refrigerate if possible.
- Avoid citrus fruits and juices until your treatments have been completed since they may cause sensitivity.
- Reduce or eliminate consumption of coffee, tea, red wine, cola, and tobacco since they may contribute to tooth staining during (and after) your whitening treatment.
- Brush and floss before and after each whitening treatment.
- Keep whitening gel out of the reach of children.

DO NOT:

- Do not apply excess gel in your tray. This does not lead to quicker results and may cause sensitivity.
- Do not eat, drink, or smoke while wearing your tray.
- Do not use whitening gel while pregnant or lactating, as safety has not been proven.
- Do not swallow the whitening gel.
- Do not freeze syringes.
- Do not expose syringes to excessive heat or prolonged periods of sunlight.

Mild gum or tooth sensitivity may occur. If you experience more than mild sensitivity, discontinue treatments and call us.

Sensitivity will usually subside within 24-48 hours after interruption of treatments.